

Meatloaf in a Mug

Makes: 1 Serving

Ingredients

1/4 pound ground beef, 85% lean (or leaner)
2 tablespoons oatmeal
1 tablespoon catsup
2 teaspoons milk, 1%
1 teaspoon dry onion mix

Directions

1. Combine all ingredients and stir to mix.
2. Spray microwave-safe mug with cooking spray.
3. Pat beef mixture into mug. Make a small hold in center, all the way to the bottom.
4. Microwave on HIGH (100%) for 3 minutes or until done.

Notes

- Cooking time will increase if more than one meat loaf is placed in the microwave at a time.
- Leftover dry onion mix can be used as a seasoning for baked or microwaved vegetables.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	290	
Total Fat	14 g	22%
Protein	26 g	
Carbohydrates	14 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	5 g	25%
Sodium	410 mg	17%